**Video Title:** Be The Warrior Not The Worrier - Fighting Anxiety & Fear | Angela Ceberano | TEDxBedminster

**Video URL:** <https://www.youtube.com/watch?v=-FyVetL1MEw>

**Run Time:** 11:25

**Source:** TEDx/YouTube

**Close Caption Available:** Yes

Summary of Video:

Angela Ceberano describes how she handled anxiety in her own life. Taking tips from her husband, she started multiple behaviors to help with her anxiety. For example, one of her fears is being in the spotlight; to help with this fear she started a YouTube channel. She calls on people with anxiety to take on the fear from the disorder and create “fear projects” to help the person lower the effects of their anxiety and cope more productively with it. As you watch the video, please answer the following questions:

1. How does Angela Ceberano describe her anxiety?

2. Can you tell if Angela has Social Anxiety Disorder or Generalized Anxiety Disorder?

3. Could this practice help everyone with anxiety?

4. Does the data about fear and events seem accurate and intuitive?

5. What components from cognitive-behavior therapy (CBT) are Angela’s behavior changes employing?